

Mindful Movements Pilates Studio - Fort Wayne

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Mindful Movements Pilates Studio - Fort Wayne

Mindful Movements Pilates Studio: A Unique Experience in Fort Wayne, Indiana

Located in Fort Wayne, Indiana, **Mindful Movements Pilates Studio** has become a beloved destination for Pilates enthusiasts. With over 10 years of experience, clients consistently rave about the studio's atmosphere, knowledgeable instructors, and tailored fitness programs.

Amenities That Elevate Your Experience

Mindful Movements offers a variety of amenities designed to enhance your workout experience. The studio features:

Wheelchair-accessible entrance and **wheelchair-accessible car park**, ensuring accessibility for all clients. Gender-neutral toilets and **toilet facilities** that cater to everyone, promoting an inclusive environment. An array of **on-site services**, including private and semi-private sessions tailored to individual needs. Classes such as MELT, reformer, Pilates mat, TRX, and the exciting new Spin program.

Appointment Required for Personalized Attention

To ensure each client receives personalized attention, **appointments are required** at Mindful Movements. This structure allows instructors like Rebecca Bell to tailor their approaches based on the specific needs and energy levels of each client. **Appointments are recommended** to secure your preferred time slot.

Planning Your Fitness Journey

When planning your fitness journey at Mindful Movements, consider exploring both group classes and individualized training. With expert instructors who have extensive knowledge of body mechanics, you can trust that your workouts will focus on achieving optimal results while minimizing the risk of injury.

Exceptional Instructors Committed to Your Success

The instructors at Mindful Movements are highly qualified, motivated by the latest scientific understanding of fitness rather than trends. Their dedication to personalized training helps clients reach their fitness goals effectively. Clients frequently highlight the friendly and supportive nature of the staff, contributing to a welcoming studio atmosphere.

Online Classes: Flexibility to Fit Your Lifestyle

If you prefer the convenience of home workouts, Mindful Movements also offers **online classes**. This option allows you to maintain your fitness routine from anywhere while still benefiting from expert instruction.

A Community That Cares

Mindful Movements is proud to identify as a women-owned business, fostering a positive and supportive community for all clients. The studio's commitment to inclusivity ensures everyone feels welcome, whether you're a beginner or an

experienced participant.

Conclusion

With its comprehensive amenities, skilled instructors, and focus on accessibility, **Mindful Movements Pilates Studio** stands out in Fort Wayne. Whether you're looking for personalized training or group classes, this studio caters to your unique needs, making it a top choice for Pilates enthusiasts.

Visit Mindful Movements today to experience the transformation that Pilates can bring to your life!

You can visit us at the address:

5750 Coventry Ln, 46804 Fort Wayne, Indiana - United States (US)

The phone of the mentioned **Pilates studio** is +1260-710-7709

And if you want to send a WhatsApp, you can do so at +1260-710-7709

Our service hours are:

Day	Hours
Monday	5?AM–6:30?PM
Tuesday	5?AM–6:30?PM
Wednesday	5?AM–6:30?PM
Thursday	5?AM–6:30?PM
Friday	7:30–10:30?AM
Saturday	Closed
Sunday	5?AM–6:30?PM

The website is Mindful Movements Pilates Studio

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Images



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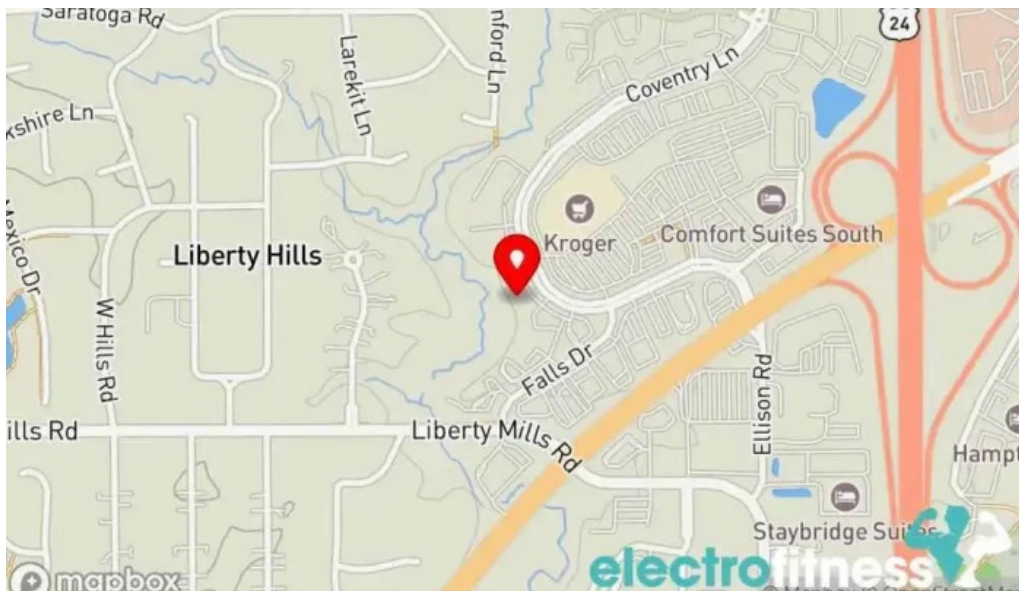
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Tags

Toilet, From the business, Wheelchair-accessible seating, Service options, Accessibility, Online classes, Identifies as women-owned, Wheelchair-accessible car park, Amenities, Wheelchair-accessible entrance, Appointment required, Gender-neutral toilets, Appointments recommended, Planning, On-site services

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